

# Age Appropriate Chores for Children

## 12 TO 18 MONTHS

### Kitchen

Pour glass of water/milk using small jug  
Add milk to cereal  
Scoop cereal into bowl  
Wipe spills with hand-mitt  
Take plate to kitchen  
Drink from a glass (use small amount of liquid to avoid large spills)

### Bedroom

Fetch nappy/underwear  
Dirty clothes to laundry basket  
Open curtains  
Choose between 2 options for clothing  
Get dressed with assistance  
Take off socks

### Bathroom

Brush hair  
Brush teeth with assistance  
Wash hands  
Pack away bath toys  
Fetch and hang up towel

### Other

Help to pack away toys  
Fetch shoes  
Help parent, eg, "Can you bring me the watering can please?"  
Turn on/off light switch

## 18 MONTHS TO 3 YEARS

chores above plus...

### Kitchen

Prepare a snack/sandwich  
Peel and slice banana  
Peel mandarin  
Peel and cut apple with assistance  
Wash fruit and vegetables  
Make orange juice  
Set the table  
Clear the table  
Wipe table  
Sweep floor  
Use dustpan & brush  
Make coffee for parent (push buttons on coffee machine/ fetch cup + saucer)

### Bedroom

Help to make bed - pulling up duvet cover  
Choose clothes  
Get dressed with little help

### Other

Arranging flowers in small vases  
Pack + carry bag/backpack  
Put on coat  
Put on shoes with velcro  
Water plants  
Tidy toys into baskets + return to shelf  
Cleaning windows  
Load/unload washing machine + dryer  
Sort socks + clothing by colour  
Fetch products in supermarket/ push trolley/help unpack groceries  
Dusting  
Put lead on dog + brush dog

### Bathroom

Blow nose  
Brush teeth  
Wash body (use travel bottles to minimise waste)  
Clean face

## 3 TO 4 YEARS

chores above plus...

### Kitchen

Unpack dishwasher  
Baking (measuring and mixing ingredients)  
Scrub and peel vegetables, eg, potatoes, carrots  
Assisting with cooking, eg, making lasagne

### Bedroom

Make bed (pulling up duvet)  
Pack clothes into drawers/ wardrobe  
Dress without assistance

### Other

Feed pets  
Help with recycling  
Folding laundry  
Folding socks  
Vacuuming  
Opening car door with remote

### Bathroom

Use toilet  
Close toilet seat  
Flush toilet  
Place wet clothing in laundry area  
Wipe after using toilet with assistance  
Wash hair (use travel bottles to minimise waste)